



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF OCTOBER 16, 2006



**“Unlocking Love’s Door:
Being in Jail”**

**Featuring:
Dr. Henry Cloud**

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I. Introduction

- A. Sometimes in a relationship you feel yourself getting pressured into doing something that you're not intended to do

- B. As long as we believe that it happens because of somebody on the outside we will continue to be subject to being controlled

- C. At some point, everybody has their soft spot

- D. We all have those points at which we need to grow from an external sense of control to an internal sense of control

II. Necessary Freedoms in Life

- A. Freedom to have a space on the Earth

- B. Freedom from judgment

- C. Freedom to choose

- D. Freedom to express yourself

III. Issues in a Controlling Relationship

A. Immaturity vs. Maturity

- The immature person asks life to meet their demands
- The mature person meets the demands of life

B. We don't have a better way of resolving our own fear or guilt than to give in

C. It never occurs to us we can say "no"

D. There is no such thing as a controlling person, all of the other control is in our heads

IV. Tips for Dealing with a Controlling Relationship

A. Understand what's behind the "serenity prayer"

B. Take ownership for our weak areas

C. Find your "areas"

D. Figure out where the "voices" come from

E. Do the "support sandwich"

F. Take a timeout

G. Get to the roots

H. Take an assertiveness course

I. Empathize

Next Week on “Solutions”

“Unlocking Love’s Door: Who’s the Boss?”

Resources:

BOOKS:

Rescue Your Love Life

By Drs. Henry Cloud and John Townsend
www.integritypublishers.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

9 Things You Simply Must Do

By Dr. Henry Cloud
www.integritypublishers.com

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www.newlife.com

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